Diet Confidential
74905 DVD 45 min JIS 2006 Canadian Broadcasting Corp.
For the past 25 years, we've been bombarded with images of slim and trim celebrities. Television, radio, and magazines buzz about the latest diet fad. But diets are not as much about dieting as they are about marketing. This program explores the diet industry, tracing the path of such blockbusters as The Atkins Diet, which spawned a multi-million dollar industry including books, food products, and restaurant menus. The program follows Dr. Stuart Fischer as he develops what may be the next big diet craze, as well as examining the links between the media and food companies. Finally, a look ahead at what may be the next big fad.
No Other Versions Available

Digital Smarts: Protecting Your Online Reputation & Safety
76720 DVD 20 min IS 2012 McIntyre Films
Cyber safety has become one of the most important topics for students to understand and master. This engaging video program encourages students to think critically about the opportunities and risks provided by their many digital devices. Real-life dangers from predators, spammers, identity thieves and cyberbullies are revealed through teen interviews and accounts from experts in cyber security and safety. Students are challenged to think about ways that digital technology can be used to enhance or damage their reputations. Teens talk about how compromising photos and other postings online became part of their permanent digital footprint. The video provides specific advice about how to protect students’ privacy, security, and online reputations.
No Other Versions Available

Human Performance: How Can We Push Our Limits?
75443 DVD 27 min JI 2010 Distribution Access
What are our limits? We look at human performance with a visit to a prestigious training facility where top professional athletes train. High tech training tools will improve our hosts’ abilities. Then we visit Battle Mountain, Nevada to meet and compete with the world’s fastest human.
No Other Versions Available

Kit 101-Internet Safety/Trousse 101-Internet En Securite
74858 DVD JIS 2004
Kit101: An Educators Guide to Internet Safety contains presentations, cue cards, a handbook and other materials you can download to use in addition to your own materials. The presentations are designed for both small and large audiences, to be tailored to your specific requirements in promoting Internet safety among youth and parents, whether you’re a teacher, police officer or community worker.
No Other Versions Available

Long Live Kids - TV & Me
75697 DVD 20 min KPJI 2008
Long Live Kids - TV&ME is a resource for K-8 teachers to use with their students. Wrapped around a series of "Teachable Television Moments," Long Live Kids - TV&ME provides comprehensive lesson plans which address media literacy and healthy life coping skills. This kit includes a video containing a series of public service announcements (PSAs) created by Concerned Children's Advertisers (CCA), on a wide variety of media-related topics as well as supporting lesson plans to accompany the video. Lessons cover areas such as media literacy, substance abuse, self-esteem, peer pressure, active living, critical thinking and bullying.
No Other Versions Available

Managing Puberty, Social Challenges, and (almost) Everything
76732 DVD 80 min JI 2013
"THE TALK" just got easier. This DVD for girls nearing or going through puberty builds their knowledge, confidence and self-esteem. The program covers physical, mental and social changes, including clear explanations of menstruation and conception using drawings of the female and male reproductive systems. While appropriate for any girl, it’s especially helpful for young women diagnosed with Asperger Syndrome or autism requiring support, or who are naturally shy. The video’s content advisers include parents, psychologists, teachers, counselors, autism education experts, an OB-GYN doctor and, most importantly, girls. The program is divided into chapters, so parents and professionals can choose which subjects to share with girls based on their stages of development, and answer their questions afterward. Schools will find this a valuable edition to sex education programs.
No Other Versions Available

The Physical Changes: Boys
75133 DVD 16 min J 2007 Film Ideas Inc.
As youngsters move towards, into and through puberty many important changes will take place in their bodies. This variety of change once completed, will create their new and unique identity as adults. Learning to accept these physical changes as normal will foster their acceptance of self. A message about change, normalcy and acceptance.
No Other Versions Available

The Physical Changes: Girls
75134 DVD 16 min J 2007 Film Ideas Inc.
As youngsters move towards, into and through puberty many important changes will take place in their bodies. This variety of change once completed, will create their new and unique identity as adults. Learning to accept these physical changes as normal will foster their acceptance of self. A message about change, normalcy and acceptance.
No Other Versions Available

The Real Truth & False about Alcohol, Marijuana, and Inhalen
74847 VHS Video 15 min JI 2003 Kinetic Video Inc.
Most teens don’t use drugs...making sure it stays that way is the goal of this video. Encouraging teens to stick with the majority and NOT take that first important step into the world of substance abuse and experimentation is perhaps the most important message to get across in fighting this battle.
No Other Versions Available

Who Says We Can't Play With Our Food?
75444 DVD 27 min JI 2010 Distribution Access
Food’s not just for the dinner plate. In this show we wear it, send it into space, build robots with it and learn how to change the chemistry to fool our taste buds.
No Other Versions Available